



Pian-er on the pier

PlayMeHFX co-founders Peter Nightingale, left, and Jeremy Banks stand next to one of the three pianos they are installing in downtown Halifax Monday. When it rains like it did on Monday, the pianos should be covered, but when the sun shines, they are open for the public to use. Story in [metroNEWS](#). JEFF HARPER/METRO

‘You can’t mess with’ this area

ST. MARGARETS BAY

Hundreds of residents say ‘No’ to asphalt plant proposal



Stephanie Taylor
Metro | Halifax

When Amy Johnson imagines an asphalt plant being built near the community she’s called home for the past 25 years, she says she’s terrified.

Carrying a sign with the words, “No Tantalion Asphalt Plant” painted in blood red, she was one of nearly 700 community members of the St. Margarets Bay area who packed into a public meeting about the proposed development Monday evening.

“This is our nature, our wild-life. You can’t mess with it,” Johnson said, standing outside the gymnasium of the St. Margaret’s Centre.

“I’d like to start a family here one day and I don’t want to start it downhill from this.”

The crowd of hundreds listened as Robert MacPherson of Scotian Materials Ltd., outlined the details of his company’s proposal to build an asphalt plant

on the site next to an existing rock quarry, located north of Highway 103 and west of Little Indian Lake.

Under current planning rules, such a development is forbidden and requires amendments to the area’s land-use bylaw and municipal planning strategy.

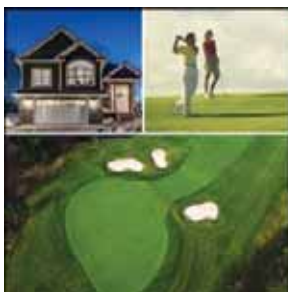
“I’ve been hearing about emissions, I’ve been hearing about noise, lights, traffic, water quality,” MacPherson told the crowd.

“If these concerns and issues are going to be a reality and they’re actually going to occur, then this won’t be the place for an asphalt plant,” he said.

Nearly all 12 residents who spoke during Monday’s meeting vehemently opposed the proposed development, to applause and cheers from the crowd, citing health concerns and the environmental impact to possible drops in property values.

“We moved here from Alberta, which is very industrialized, and we came to Nova Scotia for the scenery and the beauty and an actual way of life for our kids,” said resident Lindsay Bowes.

The next step is for Halifax Regional Municipality staff to prepare a report with a recommendation on the proposal that will go before council, according to planning staff.



Drive the ball, not the car.

The Links at Brunello opens June 15th! Golf course tours daily from 10am to 8pm.

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Active listings online! Exit # 3 off the 103 3 minutes past Bayers Lake





RCMP officer testifies in chemical stockpiler case

COURT

Emails reveal Christopher Phillips mused about uranium

An RCMP officer says she issued an international warning about a Nova Scotia man believed to have a large stockpile of chemicals after she reviewed Christopher Phillips' emails describing his "illegal thoughts" and plans for a toxic chemical he referred to as a "billionaire's weapon of terror."

Sgt. Lisa Stuart, testifying on the first day of Phillips' trial, said Monday the accused was considered a threat to public safety after his wife complained to police about his deteriorating mental state and emails he had written to her about his purchase of a poisonous substance known as osmium tetroxide.

The woman's complaint in January prompted a search for Phillips and evacuations in two Halifax-area communities where chemicals were found, including what a police hazardous-devices technician described as 750 bottles and other containers.

Phillips was arrested in an Ottawa hotel after it was evacuated by police on Jan. 21, but Stuart confirmed that he didn't have any chemicals when he was apprehended.

He has pleaded not guilty to threatening police officers and possessing a weapon — osmium tetroxide — for a dangerous purpose.

Stuart read from several long, rambling emails from Phillips,



Christopher Phillips, accused of threatening police with a dangerous chemical, arrives for his bail hearing at provincial court in Dartmouth on March 17. ANDREW VAUGHAN/THE CANADIAN PRESS

saying it was clear from the messages that he was suffering from a "diminished mental capacity."

One of the emails described how Phillips wanted to construct a special display box for a vial of osmium tetroxide, which he planned to give to a friend for Christmas. Phillips described how the box could be used as a weapon.

"Throw entire box at any police officer that has decided to take up residence on your property. While still holding your breath, run like hell," said

“Throw entire box at any police officer that has decided to take up residence on your property. While still holding your breath, run like hell. Christopher Phillips, in an email

the email.

However, Phillips prefaced those instructions with the statement that he had no intention of acting on his suggestion — an assertion he repeated throughout the message.

"I would never harm an ...

animal, a plant or even a police officer with something as terribly toxic as osmium tetroxide."

In other emails, Phillips muses about his plans to build a device to enrich uranium and then seek a patent for the device in Iraq, Pakistan or Syria.

The emails describe how Phillips is convinced he is suffering from post-traumatic stress disorder, though they don't speculate about the cause. He also admits to being paranoid at times and describes himself as a "fragile little boy" who sometimes must "battle with inner demons."

In response, Phillips' wife Gosia wrote in an email to Phillips: "We are very fearful that you are capable of doing something dangerous in your state of mind." She encourages him to seek help from a mental health professional.

Stuart testified that neighbourhoods in Halifax and Grand Desert were evacuated after police found osmium tetroxide at two locations and a large collection of chemicals inside a shed in Grand Desert.

Later, court heard that police had found osmium tetroxide at only one location in the Halifax area.

Under cross-examination, Stuart told defence lawyer Mike Taylor that her decision to warn other police officers that Phillips was a "biochemical-weapons specialist" was based on an assumption she made about his previous work in a U.S. military lab.

Stuart testified that she had written in a report that some of the chemicals Phillips owned were sweating and in a crystallized form, leaving them "unstable."

However, Stuart also confirmed in court that Phillips had legally obtained the osmium tetroxide and that none of the other chemicals were stored improperly.

The trial continues on Tuesday. THE CANADIAN PRESS

CRIME

Police seek tips in 2012 murder

Police in Halifax are asking for the public's help for tips in what is now a three-year-old unsolved murder case.

Around 2 a.m. on June 1, 2012, police responded to reports of a shooting at Winston's Bar on Lacewood Drive and found 27-year-old John Fulton Newcombe on the sidewalk.

An autopsy revealed he died of a gunshot wound. Police say that Newcombe was shot in the parking lot after leaving the bar, and the shooter fled to Willett Street, where he was picked up by a car.

Police believe Newcombe was the intended target of the shooting.

"At this time no one has been arrested and no has been charged," said Halifax Regional Police spokesman Const. Pierre Bourdages.

Investigators want to speak with anyone who has not yet met with police and who was at Winston's bar earlier the evening of May 31 or whoever witnessed an altercation between Newcombe and several men outside the bar.

Anyone with information is asked to call 490-5333 or contact Crime Stoppers at 1-800-222-TIPS or crimestoppers.ns.ca.

PHILIP CROUCHER/METRO



John Newcombe CONTRIBUTED

PORTERS LAKE

Public's help sought after thieves ransack show home

RCMP in Halifax are asking for help solving case of thieves who pulled the rug out from under a Porters Lake show home.

Halifax District RCMP responded to a break-in call in Founders Court on March 28. The investigation showed the

crime occurred some time between the March 26 and 28.

Police say thieves entered a garage on the property of a show home for the new Seven Lakes development and stole multiple items, including a leather living room set, coffee table and area rug.

A \$2,000 Environmental One septic grinder pump were also stolen.

The pump is unique and available only through Sanseum Equipment in Truro.

Anyone with information on this theft is asked to contact Crime Stoppers. METRO

LAW ENFORCEMENT

Former CFL player kicks off Mountie career in Nova Scotia

A former CFL football player will be joining the Nova Scotia RCMP later this week.

Delroy Clarke will be starting his first post as an RCMP officer in Shelburne on Saturday after playing professional football for six seasons for the Toronto Argonauts, Ottawa Redblacks and Edmonton Eskimos as a cornerback.

Clarke is arriving in response to a request by the Town of Shelburne council to have an officer of black heritage on the force.

Clarke was born in Jamaica and moved as a teenager to Ontario, where he attended university, earning a degree in criminology and sociology.

Shelburne RCMP Sgt. Ben Parry said they were able to identify a suitable candidate during the upcoming rotation of members. There are three members scheduled to leave.

"We are happy," said Parry, TC MEDIA

The cost of living in Halifax

\$20.10
an hour

The living wage in Halifax needs to be, at minimum, \$20.10 an hour over a 35-hour work week for people to live comfortably, according to a new report published Monday by the Canadian Centre for Policy Alternatives. Metro followed that up by taking to the streets to ask people what they made, and how comfortably they live off their wage. **Rebecca Joseph** FOR METRO



It's enough, but I have no debt, no car and roommates. I would need to make around \$35,000 to \$40,000 to be comfortable and secure enough to start a family.

Mason Dawe
Computer technician
Wage: \$11/hr



I can't imagine someone trying to raise a family on \$13 an hour. Even on \$20 an hour you'd be living paycheque to paycheque.

Joseph (No last name given)
Food service
Wage: \$13/hr



Downtown Halifax is shown in this aerial file photo. METRO FILE



I think I live pretty comfortably, and I'm not really good with my money, either. But it's definitely not enough to raise a family.

Ben Blackmore
Retail
Wage: \$14/hr



It's not enough to be comfortable, because my rent is \$990. Everything is expensive. I have two kids and my wife is studying.

Mezher Abdulah
Grocer
Wage: \$10.40/hr



It's not enough to live comfortably. I don't have enough to pay my student loans.

Mamie Bell
Retail
Wage: \$15/hr



It's enough for me. I live cheaply anyways. But for others it might not be.

Katherine Flynn
Hotel manager
Wage: \$13/hr

POLITICS

NDP to pay back money spent on byelection pamphlets

Elections Nova Scotia says the provincial New Democrats have admitted to breaking advertising rules by sending out partisan materials at taxpayer expense during a byelection.

A release says the party has agreed to pay back \$2,100 spent on brochures that went to 12,700 homes in the electoral district of Dartmouth-South.

Party spokesman Mark

Laventure has said the party failed to take into consideration the rules prohibiting a publicly funded mailout during a byelection period.

Elections Nova Scotia

has earlier investigated the Liberal caucus, which sent 33,000 flyers into the vacant ridings of Cape Breton Centre, Sydney-Whitney Pier and Dartmouth South, during the third week

of May.

Premier Stephen McNeil has said his party wasn't clear on the rules and will pay the \$7,000 cost of their mailouts.

THE CANADIAN PRESS

\$9,100

The combined money spent by the two parties on their mailouts.

Tom's Little Havana on the move

DEVELOPMENT

Building owner plans to demolish old location



Stephanie Taylor
Metro | Halifax

When it came to finding a new location for one of Halifax's favourite hole-in-the-wall bars, the co-owner knew she didn't want to move too far from home.

Last month, Lynne Ferguson told Metro Halifax that Tom's Little Havana was on the move after the building's owner, Westwood Developments Limited, was making plans to demolish the site and build a new development.

Despite seeing the north end booming with new restaurants and Barrington Street seeming to be on the up and up, Ferguson said she felt that Tom's belonged somewhere "off the beaten path," not along a busy strip.

After weeks of speculation, bar staff took to social media on Monday, announcing that Tom's would be setting up shop in the Birmingham en-

trance of the City Center Atlantic mall, located on Dresden Row — the same building as Pete's Fine Foods.

"It was a big concern to a lot of people," Ferguson said of the bar's search for a new spot on Monday.

Once renovations are complete, she said patrons will be walking directly into Tom's from the street, rather than the inside of a mall.

Preliminary designs are also in the works to ensure the new Tom's stays true to its vibe and "looks less mall-like," Ferguson added.

She said the bar will be sharing a kitchen with The Fireside Restaurant, which will also be moving.

As for those patrons saddened to say their goodbyes to the inside of one of the city's coziest watering holes, Ferguson says there's no need to worry:

"The people who go there make it Tom's," she said, confident that patrons will be happy to make the two-block walk.

+ MOVING DATE

Both Tom's Little Havana and The Fireside Restaurant will move to their new location on Oct. 1.



COMMUNITY RAIN OR SHINE Gardeners at the Public Gardens work in the rain as trees bloom around them on Monday. Rain is forecasted to continue through until Wednesday. JEFF HARPER/METRO

POLICE

Arrests made after graffiti incidents

With temperatures on the rise and less than a month to go until the official start of summer, Halifax police say this is a typical time of year to see a bump in graffiti-related crimes.

Halifax Regional Police responded to a rash of property damage over the weekend, which resulted in the arrests of four male suspects, aged 17 to 19.

According to a news release issued Monday, offi-

cers arrested the group after watching them vandalize traffic signs and utility boxes with spray paint in the area of Gladstone and North Streets in Halifax, shortly after midnight Sunday.

"It is very serious," police spokesman Const. Pierre Bourdages said Monday.

"You're talking about willful defacing of property."

Three 19-year-old men and a 17-year-old boy are now each

facing a charge of property of damage, police said.

Bourdages explained that not only does graffiti detract from the overall cleanliness of a neighbourhood, but it devalues property.

"There's no room for it," he said.

RCMP officers in Cole Harbour also responded to a call from Castlewood Drive over the weekend after an indecent image was spray-painted onto a vehicle.

While en route to the scene Sunday morning, police said officers spotted several other vehicles that had also been spray-painted, either with a crude image or simply a line.

As of Monday afternoon, police said no arrests had been made in relation to the vehicles that had been spray-painted in the Cole Harbour area and were asking residents to keep an eye out for any suspicious activity.

STEPHANIE TAYLOR/METRO

"...a night that's part Cirque du Soleil in its variety and inventiveness, yet pure Gaelic sentiment too."

— Linda Jacobs, The Hamilton Spectator, Ontario

"Better than Walt Disney World!!"

— Ralph M Capito, Yalaha, Florida

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ESTONIA: Club Piruett
FRANCE: Paris Police Gymnastics Team and Motorcycle Team
GERMANY: Heeresmusik Korps Ulm, Gym Wheel Team Taunusstein, Bicycle Team
NORWAY: His Majesty the King's Guard Band and Drill Team
OMAN: The Royal Army of Oman Pipes and Drums
SWEDEN: Home Guard Band of Eslöv
UNITED STATES: Middlesex County Volunteers Fifes & Drums, Fellswater Celtic Ensemble
INTERNATIONAL: North American Brass Band Summer School Musicians

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SOCIAL EXPERIMENT

Public pianos pop up outside for everyone to share in fun



Haley Ryan
Metro | Halifax

For three new downtown pianos, the key to success will depend on how much the city takes note of the colourful instruments.

On Monday afternoon, rain fell over the tarp-covered piano at Queen's Wharf on the Halifax waterfront, where Peter Nightingale and Jeremy Banks are hoping the instrument will be used by everyone.

"Anyone can just sit down and play, whether you know three or four notes or whether you're a concert pianist," Nightingale said of the #PlayMeHFX project.

The two Dalhousie University planning students, in their third year of community design degrees, want Haligonians to share their piano experiences via photos or videos on social media using the #playmehfx hashtag.

Nightingale, who is also a musician, was so "mesmerized" by the Alderney Landing piano he began watching other YouTube videos of public pianos in cities like Vancouver, Toronto and London, he said.

After recruiting Banks to the idea, the duo began emailing different groups in March about bringing in public pianos.



The newly installed piano on the Halifax waterfront. There will be three pianos set up across the downtown by Saturday, with hopes that more get placed after a successful trial run. COURTESY T.J. MAGUIRE



It's very much an experiment in community engagement as much as anything else.

Peter Nightingale

The Downtown Halifax Business Commission and Waterfront Development Corporation teamed up to provide funds and help navigate red tape around city regulations.

In a quick turnaround, the project installed the waterfront

piano last weekend and two more that will go in for Saturday's 100in1Day Halifax event at Cornwallis Park and Barrington and George streets, all decorated by local artists Cat Laroche and Maddy Knott.

While the Maritimes are no-

+ SUGGESTIONS

Stuck on what to play? Give some of these often-requested piano tunes a try:

- American Pie (Don McLean)
- Tiny Dancer or Benny and the Jets (Elton John)
- Piano Man (Billy Joel)
- Dancing Queen (ABBA)
- Don't Stop Believing (Journey)
- Hey Jude (The Beatles)
- Good Golly Miss Molly (Little Richard)
- Great Balls of Fire (Jerry Lee Lewis)

torious for their quick-changing weather, and pianos aren't built for rain and wind, Banks said part of the project is hoping the community and nearby businesses adopt the instruments and take care of them by keeping tarps over them in wet weather.

"They can be easily vandalized, they can easily be stolen," Banks said. "We're kind of having faith that the people that enjoy them ... are going to be the ones to kind of keep an eye on it."

All pianos are second-hand and were donated or purchased, but still need to be tuned over the summer since humidity can "wreak havoc" on the instrument, Nightingale said.

If the instruments are kept in good shape they could last up to three years, and the group is hoping to have more pianos pop up across the city this summer and into next year.

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Dartmouth teen awarded human rights scholarship

EDUCATION

Work helps break down mental health stigmas



Haley Ryan
Metro | Halifax

By helping young people break down the stigma around mental illness, a Dartmouth teen has gotten a helping hand towards university.

Allyssa Walsh, 18, is one of seven young people (and the only Nova Scotian) to land a Wiesenthal Scholarship for Human Rights Leadership worth \$3,600 that will go towards her tuition at Dalhousie University this fall.

"I don't think I was really expecting it at all. It is a national scholarship," Walsh said Monday.

"It was definitely an overwhelming feeling to think like, 'I actually did this, and my work is valued,' so that was really exciting."

The scholarship is offered by the Friends of Simon Wiesenthal Center (FSWC) in Toronto, a non-profit committed to countering racism and anti-Semitism by promoting tolerance and social justice.

Students from across the country applied for the scholarship by writing an essay on



Allyssa Walsh, 18, has won a national scholarship for Human Rights Leadership worth \$3,600 from Friends of Simon Wiesenthal Center for Holocaust Studies. JEFF HARPER/METRO

how their work in the community promotes tolerance, FSWC spokesman Jeffrey Bomben said.

"She's one of those people who will stand out," Bomben said of Walsh.

The scholarship is "definitely a big help" financially, Walsh said, because she had



It's important to stand up for what you believe in, whether you're alone or with a group of hundreds.

Allyssa Walsh

been worried about how to afford fees for her political

science and history undergrad since she wasn't able to get a

student loan or line of credit.

"It came down to the point where I wasn't even sure if I'd be able to go next year," she said.

For the past 2-1/2 years, Walsh said, she's been involved with Youth Against Stigma, which is focused on breaking down any misconceptions around mental illness. It hosts events at coffee houses where people share their experiences and artwork at Just Us! on Spring Garden Road.

The events take place on the third Friday of every month, but the group has also worked alongside Dr. Stan Kutcher analyzing documents used by people having mental health issues to make sure they are "youth-friendly" and accessible.

Walsh said both children and elderly people attend the coffee house events, where the public space helps the group reach those who might not otherwise think about mental health.

Many think since we live in Canada in the 21st century everyone is very aware and accepting of mental health issues — but that's not the case, and many are still ashamed to reach out for help, Walsh said.

"By finding a message such as ... tolerance in general, you're showing people that there's still work that needs to be done," Walsh said.

"I want to be a part of that solution."

IN BRIEF

Free swimming lessons available this summer

Get your swimsuits ready. Halifax Regional Municipality is gearing up for another year of free swimming lessons.

The free lessons run Monday to Friday mornings starting in July, and will take place at all municipal beaches, as well as the Halifax Common outdoor pool.

Some locations will also offer free Bronze Medalion, Bronze Cross, and junior lifeguard programs.

Registration for the lessons will open Wednesday, June 10 at 10 a.m. for the first two sessions. For the following two sessions, you'll have to wait until July 8 to register.

People can register online on the Rec Connect website or by calling 902-490-6666. METRO

Police investigate latest food tampering incident

RCMP are investigating after a nail was found in a prepackaged potato salad in Woodville.

Police said the salad was brought to a community barbecue event on Sunday, but originated at Kings Processing in Middleton.

The company is currently working with police to determine the source of the potatoes.

No one was injured when the nail was found.

This is the latest in a series of potato-related food tampering cases, including several in the past two weeks. METRO

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MUSIC

Three Days Grace sets Halifax date for national tour in fall

For Three Days Grace fans, it looks like it's never too late to see the Canadian rockers in person.

On Monday, the band announced Halifax would be a stop on their upcoming national tour to promote the release of its fifth album, HUMAN.

Three Days Grace will perform on Monday, Nov. 9 at the Halifax Forum Multipurpose Room at 8 p.m. The shows are for all ages, and doors open at 7 p.m.

Tickets go on sale Friday at 10 a.m. and range from \$46 to \$51 including tax.

They are available by calling 1-888-311-9090, or by going online to ticketpro.ca or evenko.ca.

Members of the Official



Three Days Grace HANDOUT

Three Days Grace Community have access to pre-sale tickets via threedaysgrace.com starting June 2 at 10 a.m.

Pennsylvania's Halestorm has also been added to the tour as a special guest.

Since first breaking onto the music scene in 2003, Three Days Grace has racked up No. 1 hits like Chalk Outline, Break, Never Too Late, Animal I Have Become, Pain, and Home.

METRO

MacKay's power vacuum

CENTRAL NOVA

Without known candidates, NDP perceives opportunity

At least one political observer with close ties to the NDP is predicting a wide-open race in Central Nova this fall.

Robert Parker, whose brother David ran for the NDP in the 2011 federal election, said that with Central Nova MP Peter MacKay stepping down, and with the Liberals suddenly in need of a candidate after David MacLeod publicly announced he was withdrawing from the race in the same day, what might have been a foregone conclusion — another Tory win in Central Nova — is no longer a sure bet.

"A big factor is going to be the quality of candidates each party will be able to put forth in this riding," said Parker, who is also a councillor for the Municipality of Pictou County.

"It'll certainly make for some interesting nomination



Federal Justice Minister Peter MacKay announces his resignation in Stellarton on May 29.

THE CANADIAN PRESS

meetings and will put a different light on politics in Central Nova."

Robert Parker's other brother Charlie served a combined 11 years as a Nova Scotia MLA for the New Democrats, including a stint under former Premier Darrell Dexter when

he served as natural resources and energy minister.

Robert Parker, who said he has helped with campaigns for several political parties over the years, said there's a better chance that more potential candidates will come out of the woodwork because they

could see the riding as being more winnable with MacKay's stranglehold on Central Nova no longer an issue.

"When an incumbent steps down, the opportunity is much greater," for the candidates in the other parties.

"Three of the parties don't

“It was somewhat of a surprise that (MacKay's announcement) came when it did.”

Ron Wolf

have candidates in the riding, and I'm sure there are a lot of people who are sizing it up and wondering if this is the time (to run federally)," he said.

On Friday, MacKay dropped a bombshell on the national political landscape, announcing he was stepping down after 18 years as the MP for Central Nova to devote more time to his family. MacKay has a young son and another child on the way.

Central Nova riding association president Ron Wolf said there's no clear-cut candidate on the immediate radar with respect to who'll step up and throw their hat into the ring.

"Nobody has said unequivocally 'I'm running,'" he said on Sunday. NEW GLASGOW NEWS

TECHLINK ENTERTAINMENT

Still in the game

A Cape Breton-based gaming technology company says it is closing its doors and laying off staff but still hopes to find a way to resolve its difficulties.

20

Techlink has been in operation for 20 years. THE CANADIAN PRESS

A news release from Techlink Entertainment said Monday the closure decision was made on Friday.

Company founder and chief executive John Xidos says the situation is "resolvable with the right level of understanding, co-operation and support among key parties."

He also says the closure was caused by financial shortfalls, but was unavailable for further comment.

According to the release, the company is asking local politicians and businesses to attend a meeting at the company's headquarters for further details on of what's happened and to "prevent another significant blow to the fragile local economy."

THE CANADIAN PRESS

ADVERTISING FEATURE

Be part of The Berkeley's welcoming community

It is a well-known fact that staying connected and engaged to people is one of the best ways to maintain excellent health and wellness. That is why The Berkeley takes pride in maintaining a very close-knit, welcoming community where residents and staff feel a genuine sense of belonging.

Living in private apartments, residents are able to enjoy their independence and privacy. They have the option to participate in daily activities such as exercise class, afternoon tea, card games, movie

nights, and musical entertainment, as well as van outings to popular destinations, the theatre and shopping.

There are also other advantages to living at The Berkeley that can have positive effects on personal health.

Residents dine in a full-service dining room that provides nutritious meals, allowing an opportunity for social time with their friends and neighbours every day, and the benefit of a healthy, home-cooked meal up to three times a day. Often, seniors experience isolation and

loneliness if they are living alone, and lack interest in cooking a meal for themselves, which can lead to a decline in their overall health.

If you know a senior who might benefit from the perks offered by a retirement community, consider The Berkeley as an option and call for a tour. Sharing interests and experiences with like-minded companions can make all the difference to a person's well-being and longevity.

For more information or a tour, visit theberkeley.com or call 902-802-0346.







The Berkeley

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A Fresh Start.

+ DETAILS**Five things to know about the Truth and Reconciliation Commission**

The Truth and Reconciliation Commons examining Canada's now-defunct residential school system is scheduled to release its final report Tuesday. Here are five things to know about the commission:

- 1 The commission was established as part of the 2007 Indian Residential Schools Settlement Agreement, which also included money to pay for the commission's work.
- 2 The commission is led by Justice Murray Sinclair, Manitoba's first aboriginal justice. The other commissioners are Marie Wilson, a journalist, university lecturer and former senior manager at several Crown corporations; and Chief Wilton Littlechild, a lawyer and former Progressive Conservative MP.
- 3 The group is charged with collecting testimony from residential school survivors and compiling their stories into a historical record.
- 4 The records of the commission, including recollections from 6,200 former students, will be managed by the National Research Centre on Indian Residential Schools.
- 5 Residential schools operated for about 150 years, with an estimated 150,000 children spending time in them. At the height of the residential-school era, the government supported 130 such schools.

THE CANADIAN PRESS



Drummers pass Parliament Hill as they lead the Walk for Reconciliation, part of the closing events of the Truth and Reconciliation Commission on Sunday in Ottawa. JUSTIN TANG/THE CANADIAN PRESS

'Let's commit to taking one more step together'

TRUTH AND RECONCILIATION

After report's release, many say more work still necessary

"We are all still here. We made it." For Romeo Saganash, that's the sentiment shared on the occasions when he gets together with fellow residential school survivors.

It's a sentiment that acknowledges the suffering endured by tens of thousands of aboriginal

children, a suffering that many Canadians remain in the dark about. The country takes another step Tuesday toward confronting that dark chapter of its past when the Truth and Reconciliation Commission, headed by Justice Murray Sinclair, releases its findings.

For five years, the Commission has been compiling the story of residential schools, where thousands of aboriginal children were sent, stripped of contact with their families, in many cases denied a proper education and sometimes subjected to physical and sexual abuse.

At least 150,000 First Nation, Métis and Inuit youth went through the residential schools. An unknown number — estimated to be in the thousands — died while attending the schools.

Aboriginal Affairs Minister Bernard Valcourt hailed the "extraordinary courage" of former students who came forward. He said the historical record compiled by the commission will stand as an "achievement of national significance." Yet he cautioned that work remains to be done.

"On this day, let's commit to taking one more step together," he said.

Assembly of First Nations National Chief Perry Bellegarde called on governments — as well as all Canadians — to close the gap between Aboriginal and non-Aboriginal peoples.

"It's going to be hard to focus on reconciliation when we still have things like poverty that plagues our people," Bellegarde said, highlighting lack of access to safe drinking water, overcrowded housing, the high number of children in provincial care, missing and murdered indigenous women and girls as among the ongoing challenges.

TORSTAR NEWS SERVICES

VETERANS

Lawsuit on hold until after election

A long-running lawsuit, launched by veterans against the federal government, is off the docket until after the federal election, if not for good.

The two sides were in a Vancouver court Monday to agree to hit pause on the case until May 2016 to see what the impact is of the reforms the government has made to benefits for veterans in recent months.

Should the changes be to the satisfaction of the veterans who launched the suit in 2012, the case will be over, said the veterans' lawyer Don Sorochoan.

A group of veterans had filed the class-action lawsuit to argue that modern-day soldiers were being discriminated against compared with those who fought in the world wars and in Korea.

In their defence, government lawyers outraged veterans by asserting that the federal government has no extraordinary obligation to those who have fought for the country.

Since then, a raft of new measures have been introduced, including new pain and suffering awards, expanded access to permanent impairment allowances for the most severely disabled veterans and retirement income security benefits.

The government has also introduced a bill that recognizes the so-called "sacred obligation" to veterans; that legislation was originally introduced on its own but has since been bundled into the omnibus budget bill.

Sorochoan said with the new legislation and regulations already on the table, they are willing to give the government until May 2016 to see if the situation improves, taking into account there could be a new government entirely after the planned October vote.

In exchange, the Conservative government agreed to walk away from its appeal of the decision that allowed the class-action lawsuit to go ahead, but a judge instead simply ordered the case be put on hold. THE CANADIAN PRESS

+ REACTION

The lawsuit has been a black eye for the Conservative government, which sees itself as a champion for former soldiers and the military.

Some groups had even threatened to campaign actively against the Conservatives during this fall's election campaign.

BUSINESS

New law aims to compel car recalls

Car manufacturers can't be trusted to recall vehicles voluntarily when they pose a safety concern, so the federal government is giving itself the power to force their hands, says Canada's transport minister.

Lisa Raitt said the government plans to introduce legislation that would, if passed, also give the government the power to impose limitless fines on companies that don't comply with a recall order.

"Leaving this decision-making capability entirely to manufacturers and import-

ers alone does not serve the best interest of the public," Raitt said Monday outside the House of Commons.

The law would also give the government the power to make car importers or vehicle manufacturers pay for repairs to recalled cars, and fix new model vehicles before they are sold in Canada.

The announcement comes on the heels of a major recall of 1.5 million cars in Canada over safety concerns from malfunctioning air bags.

THE CANADIAN PRESS

53M

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Moncton haunted by killings

MOUNTIE SHOOTINGS

Trauma felt in neighbourhood one year later

When Nadege Bujold looks out her front window and on to her quiet residential street, she is still sometimes haunted by the memory of a dying RCMP officer slumping to the ground.

Bujold and her husband were on their back patio a year ago, enjoying a sultry June evening when the loud crackle of gunfire sounded out. At first, the pair thought little of it — perhaps a car backfired or kids set off fireworks.

But when neighbours began pouring onto the street, shouting that someone was shooting police, the 37-year-old raced inside and peered out her window. She soon saw a solitary figure walking calmly down the street, looking like “Rambo” and closing in on their home

with a large gun.

At the end of a 70-second burst of gunfire, Bujold watched in horror as Const. Douglas Larche fell to the ground. Justin Bourque didn't break stride as he continued his march down Mailhot Avenue and into the woods.

It was 8:07 p.m. last June 4 and Larche had become the last of three Mounties murdered by Bourque in a 20-minute span in Moncton, N.B.

For Bujold, the drama seemed to play out in slow motion and occasionally comes

we have to, but I couldn't even turn my head and look that way.... It's awful. It's hard to move on.”

A year after he killed the officers and wounded two others, people in the neighbourhoods Bourque terrorized say they think less often of his carnage — the blood on the streets, the injured and dying men, and cars riddled with bullets.

But for some, those moments stubbornly return as surreal, nightmarish memories.

Millie Stewart was rushing out the door to see her husband in hospital as her sister sat waiting in the driveway. She turned her head slightly and encountered Bourque, who is now 25,

as he crossed the street toward her home.

“He just felt so close,” she said. “He had the green army garb on and his rifle over his shoulder and he looked right into my eyes and said, ‘No, I’m not out to kill civilians, just government officials.’”

There's a new level of awareness around the city of Moncton that it can happen anywhere.... It's still very daunting.

Moncton resident Millie Stewart

back in unflinching detail.

“That memory stayed there — you know, you can see him just pointing and shooting,” she says in a thick French accent.

“I had a hard time those first weeks. We would go outside and try to move on because



The Ryder Trailer Park, where Justin Bourque lived in Moncton, N.B., is seen on April 22.

ANDREW VAUGHAN/THE CANADIAN PRESS

Still, she remembers feeling he would shoot her in the back as she tried to walk away.

“He didn't even have a frightening-looking face, but the way he was dressed and his guns... I still thought he was going to kill whoever was in his sight.”

She didn't see that Bourque simply walked on, nor did she realize just moments earlier he'd lined up fatal shots at Const. Dave Ross as the officer sped towards him.

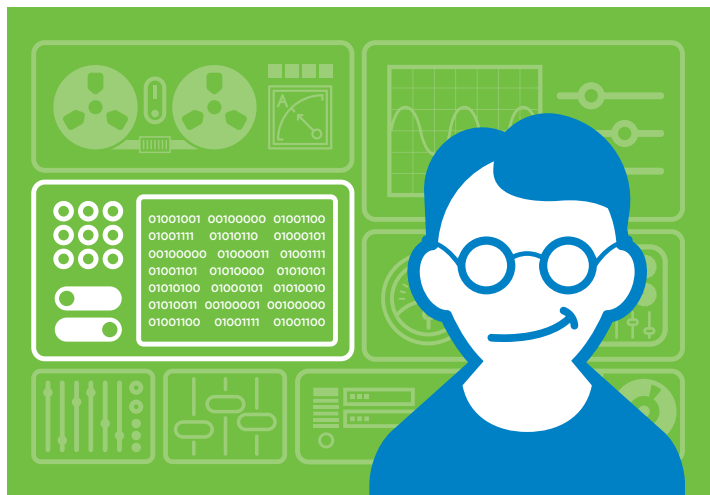
She recalls praying that night, calling on her Christian faith to help her find calm

as helicopters flew overhead.

Since that day she's had a heightened sense of the fragility of life. “There's a new level of awareness around the city of Moncton that it can happen anywhere,” she said. “It's still very daunting.”

THE ASSOCIATED PRESS

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IRAN TALKS

Kerry heads home for leg surgery

Secretary of State John Kerry headed home Monday to Boston from Geneva, Switzerland, for surgery on his broken leg, as U.S. officials insisted that his injury would not hinder his participation in nuclear negotiations with Iran.

With an end-of-June deadline for an Iranian deal fast approaching, the 71-year-old Kerry left Geneva aboard a U.S. military plane accompanied by his orthopedic surgeon Dennis Burke and additional medical personnel. Officials said Burke is expected in the coming days to perform surgery on Kerry's right femur, which Kerry fractured on Sunday in a bicycle accident when he struck a curb and fell on a regular Tour de France route in France located southeast of the Swiss city.

He had been receiving treatment at Geneva's main medical centre, HUG, and is to receive further care at Massachusetts General Hospital once he returns home. Kerry, an avid cyclist, had hip replacement surgery several years ago. The fracture was near the hip, leading to speculation that his recovery would be lengthy and prevent him from being as involved in the Iran negotiations as he has been over the past two years. THE ASSOCIATED PRESS

“**Look fwd to getting leg set & getting back to @StateDept!**

John Kerry on Twitter

FIFA SCANDAL

Mbeki denies bribe paid for World Cup

Former South African President Thabo Mbeki denied his government paid bribes to secure the 2010 World Cup as the bid scandal began to encroach on the very top of the country's leadership on Monday.

“I wish to state that the government that I had the privilege to lead would never have paid any bribe even if it were solicited,” Mbeki said in a statement from his office.

Mbeki was president at the time of South Africa's successful bid in 2004.

His denial came as South African soccer head and former 2010 bid leader Danny Jordaan reportedly told a newspaper that \$10 million was paid to former FIFA vice-president Jack Warner's regional confederation in 2008.

According to the Sunday Independent newspaper, Jordaan denied that money — referred to in the U.S. Department of Justice's indictment into corruption in FIFA — was a bribe from South Africa via FIFA for Warner's backing.

Instead, Jordaan said it was to help Warner — implicated in a series of corruption allegations in the DOJ investigation into FIFA — with soccer development in his region, the newspaper reported.

South African sports minister Fikile Mbalula also stood by his denial that the government had any knowledge or involvement in bribes — and appeared to distance the current government from Jordaan's comments.

THE ASSOCIATED PRESS



An unidentified Chinese tourist, wearing a mask by way of precaution against the Middle East Respiratory Syndrome, virus visits Gyeongbok Palace in Seoul, South Korea Monday. Authorities say more than 680 people in South Korea are placed in isolation after having contacts with those infected with a virus that has killed hundreds of people in the Middle East.

CHOI JAE-KOO/YONHAP VIA AP

Virus hits South Korea

RESPIRATORY SYNDROME

Hundreds in isolation

More than 680 people in South Korea are isolated after having contact with patients infected with a virus that has killed hundreds of people in the Middle East, health officials said Monday.

South Korea has reported 17 cases of Middle East Respiratory Syndrome since diagnosing the country's first MERS illness last month in a man

who had travelled to Saudi Arabia. South Korea's cases have connections to the first patient, either medical staff who treated him or patients who stayed near the man at the hospital before he was diagnosed and isolated.

Also, the son of one of the patients ignored doctor's orders to cancel a trip to China, where he was diagnosed as that country's first MERS case last week. China isolated the South Korean man at a hospital, and Hong Kong authorities said Sunday that 18 travellers

were being quarantined because they sat near him, but they were not showing symptoms.

South Korean Health Ministry official Kwon Jun-wook told reporters Monday that 682 people who had close contact with the patients, such as their family members and their medical staff, were isolated at their homes or state-run facilities to prevent the spread of the disease.

Ministry officials said the number could rise.

MERS was discovered in 2012

and has mostly been centred in Saudi Arabia. It belongs to the family of coronaviruses that includes the common cold and SARS, and can cause fever, breathing problems, pneumonia and kidney failure. The virus has spread primarily through contact with camels, but it can also spread from human fluids and droplets.

There have been 1,167 cases of the virus worldwide and 479 of the patients have died, according to the European Centre for Disease Prevention and Control. THE ASSOCIATED PRESS

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

6 PM SIX@6 LAST NIGHT:

- 6 Britney Spears ft. Iggy Azalea
Pretty Girls
- 5 Jason Derulo
Want To Want Me
- 4 Flo Rida ft. Sage The Gemini
G.D.F.R.
- 3 David Guetta ft. Afrojack and Nicki Minaj
Hey Mama
- 2 Wiz Khalifa ft. Charlie Puth
See You Again
- 1 OMI
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This file image taken from a militant website associated with ISIL extremists, posted May 23, purports to show a suicide bomber, with the Arabic bar below reading: "Urgent: The heroic martyr Abu Amer al-Najdi, the attacker of the (Shiite) temple in Qatif," which Al-Bayan, ISIL's radio station, claimed responsibility for. MILITANT PHOTO VIA AP, FILE

ISIL radio infiltrates the West

PROPAGANDA

Group using American-style production to attract recruits

The announcer with an American accent offers an upbeat roundup of the day's main headlines: Islamic State of Iraq and the Levant (ISIL) fighters seized control of a crucial Syrian city, extremists repelled Kurdish fighters despite coalition airstrikes, and two suicide bombers successfully carried out their missions.

The tone is National Public Radio in the United States. But this is Al-Bayan, the Islamic State radio targeting European recruits — touting recent triumphs in the campaign to carve out a Caliphate — and it represents a major headache for Western powers trying to curtail the ISIL influence.

All news is good news for Al-Bayan's "soldiers of the Caliphate." In this narrative, the enemy always flees in disgrace or is killed. The broadcasts end with a swell of music and a gentle English message: "We thank our listeners for tuning in."

The tension between the smooth, Western-style production and the extremist content shows how far the hardcore Islamic propaganda machine has come since 2012, when an aging Frenchman posed in front of a jihadi flag and threatened France in the name of al-Qaida in the Islamic Maghreb. The footage was grainy, with minimal production value, and released on a relatively obscure website. By contrast, Al-Bayan reaches thousands of listeners every day via links shared on social networks, helping to swell the ranks of Westerners — projected this year to reach up to 10,000 — fighting for ISIL in Syria and Iraq.

In the time it took to bring the Frenchman Gilles Le Guen to trial, his European successors in violent jihad have overturned the recruitment script in ways that might impress a New York PR agency.

Islamic State videos come with thrumming beats, handsome clear-eyed young men and editing techniques that call to mind tourism commercials. A typical week of recruitment now includes multiple newscasts in three languages, except the "good news" is about suicide attacks instead of traffic reports and baseball scores. A polished video directed at French recruits shows trainees leaping through burning hoops and swinging across monkey bars over flames. A metastasizing network of tweets spills forth from the smartphones of armchair cheerleaders.

Cameramen themselves are heroes in this information war: Media, an unnamed fighter says in a video dedicated to these PR mujahideen, is "half of the battle, if not its majority."

An April video calling for doctors to join ISIL shows physicians in immaculate scrubs, as well as functioning medical equipment. It features a blue-eyed Austral-

ian moving about in a pristine neonatal ward, promising new recruits that they will be helping Muslims who suffer from "a lack of qualified medical care." The video has the feel of a daytime television public-service message.

In an exchange on the social networking service Ask.fm the same week, a person identifying himself as a British resident of ISIL territories promised newcomers free medical school. Meanwhile, in a series of tweets, another person purporting to be a Briton praises subsidized gas, free water and dental care superior to anything offered in the West.

"Naturally the arrogance will kick in & they would deny the truth and claim there (sic) way is better. Lol next time you pay your bill smile," the person said, according to a selection of tweets culled by the SITE Intelligence Group.

A handful of people show up repeatedly as key recruiters: A Glasgow woman who reportedly helps British girls reach Syria; a Dutch fighter who gives jihadi interviews and set up a Tumblr page; a blue-eyed Frenchman who appears in multiple videos calling on his countrymen to

+ BACKGROUND

Whatever they're looking for, ISIL promises

Islamic State recruits skew young. In France, the West's largest source of extremists heading to Iraq and Syria, they average in their mid-20s, with female recruits tending to be even younger. Whatever they are looking for, ISIL promises: Shariah law, a deeper purpose in life, a fight against a dicta-

tor, aid work, automatic weapons, pathological violence for those so inclined. "They are able to reach and find out what is important to these people, what motivates these people, and then they create an ability to fill that need, initially through the social media, Internet," U.S. Air Force Gen. Philip Breedlove said. THE ASSOCIATED PRESS

emigrate to ISIL territories.

"They want Europeans in general. They want anyone to come, to fight, to create the Islamic state, to make the caliphate," said Sebastien Pietrasanta, a French lawmaker who is spearheading nascent efforts to de-radicalize young extremist recruits. "We estimate there could be 5,000 and within the year, there could be 10,000... We are facing not just a problem of security, but a problem of society."

Anyone, from anywhere, can recruit for ISIL. A March study by Brookings Institute researchers J.M. Berger and Jonathon Morgan

found more than 46,000 active Twitter accounts supporting ISIL in a two-month period. As soon as one account is shut down, more emerge.

Meanwhile, Western government warnings about the dangers of joining ISIL have barely dented the rate of departures. Those who have lived unhappily under ISIL rarely offer a competing narrative, in mortal fear of retaliation. And Western nations are having a hard time combatting rhetoric that they — and the Western media that ISIL so successfully mimics — are untrustworthy. THE ASSOCIATED PRESS



There could be 5,000 and within the year, there could be 10,000... We are facing not just a problem of security, but a problem of society.
Sebastien Pietrasanta, French lawmaker

Virtual reality getting real

TECHNOLOGY

Mainstream firms bringing VR to home video products

Virtual reality is creeping into our world.

Once seen as a tool for alien-blasting gamers, movie studios, television producers and artists are now adopting the technology, which immerses people in faraway realms using bulky goggles, house-sized domes, and smartphones.

Universal's Focus Features recently launched its first virtual-reality experience for movies, promoting the upcoming release of its *Insidious: Chapter 3* horror flick. It's driving a truck around the United States, inviting fans to wear virtual-reality goggles. It's also sent out thousands of movie-branded Google Cardboard kits, which fold around smartphones to turn them into primitive VR viewers.

VR remains the realm of promotion. But content created



California Institute of the Arts students lie on the floor while watching a student project at the Vortex Dome in Los Angeles. JAE C. HONG/THE ASSOCIATED PRESS

now or for future films could also build value for home video products as more VR headsets are sold, says Matt Lipson, senior vice-president of digital marketing at Focus Features.

And the number of outlets for virtual reality is increasing.

Oculus VR, the company Facebook bought for \$2 bil-

lion US and a leader in the VR headset market, is expected to start shipping a consumer version early next year. Samsung, meanwhile, is selling Gear VR, which works with Galaxy S6 smartphones. Sony will release a consumer version of its Project Morpheus, which connects to its PlayStation 4, in the first

half of next year.

Facebook is testing what CEO Mark Zuckerberg calls "spherical video," or a flat representation of immersive content that could be navigable by mouse on its website. Google's YouTube launched support for "360-degree video" on Chrome browsers and Android phones

“We’re just in the beginning stages of understanding.”

Prof. Hillary Kapan

in March and is providing VR camera rigs for its partners at its six studios. Fold-up Google Cardboard units can be bought online for as little as \$2.46.

One virtual frontier to cross is creating environments for groups, not just individuals, in the same way that theatres provide a community experience. That possibility was tested out recently when eight art school students gathered under a dome in downtown Los Angeles. They were preparing an immersive show projected on a 19-foot-high hemisphere.

It's all part of creating a new cinematic language that doesn't just play out on the screen in front of you, but is interactive and immersive, said Prof. Hillary Kapan, who put on the class for the California Institute of the Arts.

THE ASSOCIATED PRESS

IN BRIEF

Google sets up simpler privacy control hub

Google is making its privacy controls easier to find and understand in an attempt to make its more than one billion users more comfortable about the personal information they provide. The simpler approach that debuted Monday features a redesigned "My Account" hub where all of Google's key privacy controls can be found. A new site at <http://privacy.google.com> will address a variety of issues in a question-and-answer format.

THE ASSOCIATED PRESS

New CEO says Malaysia Airlines will recover

Malaysia Airlines' new CEO Christoph Mueller said the "technically bankrupt" carrier could break even by 2018 once it cuts 6,000 of its 20,000 staff, sells two of its A380 super jumbo jets and refurbishes its international fleet. The remaining 14,000 employees have been offered jobs in a new company that is being set up to take over the legacy Malaysia Airlines business. The airline is being kept alive by an injection of funds from a Malaysian government sovereign wealth fund after double disasters in 2014 dealt a fatal blow to its already struggling business.

THE ASSOCIATED PRESS

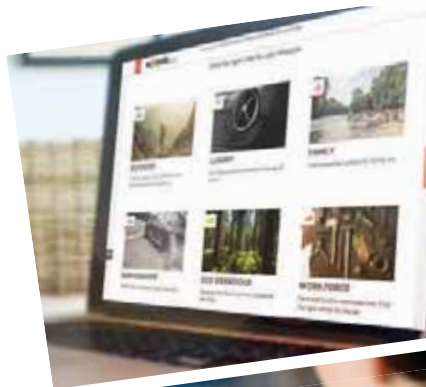
KFC sues Chinese firms over harmful rumours

KFC said Monday it filed a lawsuit against three companies in China whose social media accounts spread false claims about its food. KFC said one of the best-known fake rumours was that chickens used by the company are genetically modified and have six wings and eight legs. KFC is demanding 1.5 million yuan (\$242,000 US) and an apology from each of three companies that operated accounts on the mobile phone app WeChat.

THE ASSOCIATED PRESS

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QUEBEC

Tobacco firms told to pay smokers \$15B

A judge has awarded more than \$15 billion to Quebec smokers in a landmark case that pitted them against three Canadian cigarette giants, an anti-tobacco lobby group said Monday.

Superior Court Justice Brian Riordan's decision was made public late Monday following years of testimony and another six months of deliberations, the Quebec Council on Tobacco and Health said in a statement.

The case marked the first time tobacco companies have gone to trial in a civil suit in this country and involved two separate groups of plaintiffs: some who became seriously ill from smoking and others who said they couldn't quit.

The plaintiffs included just over one million Quebecers who argued the companies were liable because they knew they were putting out a harmful product and hid the health effects of tobacco.

The \$17.8-billion lawsuit was believed to be the biggest class-action ever seen in Canada.

Two of the big tobacco firms — JTI-Macdonald and Imperial Tobacco — reacted immediately and said they'll appeal the decision. The third is Rothmans, Benson & Hedges.

The industry argued people

BACKGROUND

Trial stems from 2 cases originally filed in 1998

Cecilia Letourneau filed on behalf of the province's smokers, who were addicted to nicotine and remained addicted or who died without quitting.

The other case was filed by the late Jean-Yves Blais; it sought compensatory and punitive damages for smokers who had suffered from cancer in their lungs, larynx or throat, or emphysema.

knew about the risks of smoking and that the products were sold legally and with federal government approval and strict regulation. JTI-Macdonald said Canadians have been well aware of the health risks since the 1950s and health warnings have been on packages for more than 40 years.

"We believe there are strong grounds for appeal and we will continue to defend our rights," said Tamara Gitto, vice-president law and general counsel for Imperial Tobacco.

THE CANADIAN PRESS

market minute

	DOLLAR 79.78¢ (-0.63¢)
	TSX 15,074.13 (+60.04)
	OIL \$60.20 US (-10¢)
	GOLD \$1,188.70 US (-\$1.10)

NATURAL GAS: \$2.649 US (+7¢)
DOW JONES: 18,040.37 (+29.69)

the big number

£40M

Is the grant the United Kingdom pays yearly to the Royal Family. It's 15 per cent of the profits from the Crown Estate (government coffers keep the rest), but by law it never decreases. In fact, it's grown 29 per cent since 2012, sparking outrage and a review slotted for next spring. Canadians each pay \$1.63 per year (up from 74 cents in 1999) for Crown expenses such as the Governor General and royal visits. Of course, the royals deliver a kingly sum to the U.K. economy each year in tourism and trade — £7 billion by one recent estimate. THE INDEPENDENT

A simple step to help others discover biking

YOUR RIDE

Erica Butler



Free ferry rides, pancake breakfasts, bike repair workshops all over the city: There's plenty to love about Bike Week in Halifax.

But in terms of growing the number of people on bikes in this city, few events will have as significant an impact as the debut of Biking Up, a new program born out of volunteer-run community development initiative Progress In the Park.

Starting at their Summer Tune-Up event on June 13, Biking Up will get upwards of 35 new people on bikes this season. And they'll do it by simply making bikes available.

I can remember happening upon my first adult bike at a garage sale in Halifax

about 15 years ago. For \$25, I lucked into a mostly functional bike to haul myself around the city. A year later, I scraped together enough to get it properly tuned up, and I never looked back.

Now, a bike is an essential tool in my daily life for at least two thirds of the year.

Biking Up will bring that essential tool into the lives of dozens of people in a shorter time, with a lot less luck involved.

The group is collecting new or second-hand bikes and fixing them up with the help of volunteers and local bike shops. Community members from Mulgrave Park can apply for any type of bike, from a BMX to a grocery-getter to a unicycle. Families can apply for more than one, and dozens of kids, parents and older adults have already applied.

Even though this is the initiative's first year, project

manager Charlotte Good and Progress in the Park director Paige Farah have their sights set on growing the program. Their eyes light up at the prospect of a permanent do-it-yourself bike repair workshop available to Mulgrave Park and surrounding north end communities.

In the shorter term, they hope to see fix-it stations and bike racks spring up to support the growing number of folks on bikes.

In the meantime, of course, they still need bikes and the things that go along with them. The biggest challenge so far has been gathering such accessories as helmets, lights, locks, and elbow and knee pads.

Good and Farah are hoping that Bike Week will bring a bump in donations so they can build the inventory they need to match people with the right bike.

For \$25, I lucked into a mostly functional bike to haul myself around the city. A year later, I scraped together enough to get it properly tuned up. Now, a bike is an essential tool in my daily life for at least two-thirds of the year.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

metroview

Down with singleism: One-person families are the new normal



Tim Querengesser
Metro | Edmonton

Thanks to singleism, is it any wonder I've become an amateur therapist?

After all, I'm recently single and dating. And by that stroke, at 37, I'm again part of the singleton trend: the expanding army of those who, by choice, divorce, mental health challenge, bereavement or other circumstance, walk in the door at night and greet (as in my case) a cat, or a dog, a television, an iPad — whatever it may be — as long as it's not another human.

This is not just a trend. Hipster beards are a trend. The singleton is a full-scale shift to a new normal. And therein is the problem: part of the rise of the singleton is the rise of singleism, a pervasive form of discrimination that is finally visible to many. But it isn't new. I've been living with singleism my entire life.

The U.S. is home to 90 million unmarried people and 150 million who live in one-person households. Most singletons are under-35 millennials or seniors who have lost a spouse.

Which brings me back to amateur therapy. It's unsurprising that dating similarly aged single women includes a lot of counselling. Many have tried to satisfy societal expectations: long-term relationships, kids, marriages, only for it all to shatter. While objectively happier single, subjectively they feel ashamed.

Here's why I'm not surprised: living alone is easy. Being told by society you're wrong, weird or missing out? Less so.

Author Bella DePaulo coined "singleism" a few years back. It's pervasive in tax policy, coffee-shop conversation, popular culture and deeply held beliefs. Consider what you would think if you encountered a never-married 37-year-old man. Selfish? Childish? Immature? Incomplete? Lonely? That's singleism, folks.

Don't worry, I'm used to it all. I've been single a lot in my 30s, and I'm an only child, too, the other kind of singleton that gets you labelled a weirdo.

To cope, I challenge singleism in a playful way. To friends having their first child, I ask if they'll stop at one. Despite their being busy, broke or unhappy, their answer is always no — "They need a playmate." Funny, I tell them, since only children, like adult singletons, are becoming the norm.

Also funny is while this happens, a 2015 Pew study shows Americans' "ideal family" size has shrunk: 48 per cent of respondents said two children is ideal. But get this: while only children are everywhere, only three per cent of respondents said one child was ideal — just larger than the two per cent who said no children at all.

I see this as proof social expectations and beliefs lag a generation behind social realities. Singletons are the reality. Singleism is the next discrimination that needs to go.

Rosemary Westwood will return Wednesday.

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PHILOSOPHER CAT
by Jason Logan

THE NATURE OF PEOPLES
IS FIRST CRUDE, THEN SEVERE,
THEN BENIGN, THEN DELICATE,
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GIAMBATTISTA VICO



Inside the EDM scene

Mutek brings best of techno to Montreal

A Mutek set at the Musée d'art contemporain. Inset: Nortec Collective put on a show. RUNG DUNG NGUYEN/MUTEK; JESSE SHIP/FOR METRO



Jesse Ship
For Metro Life

Californian transgender techno artist Rose sits in a skin-tone bodysuit in a box while passersby gawk in Montreal's cosmopolitan Place Des Arts.

Just inside, Japanese multidisciplinary artist and choreography Hiroaki Umeida dances wildly on stage in front of a pixelated snowstorm as part of his Holistic Strata performance.

The act is moving and surreal: The eye is drawn into the chaotic display as his body is jolted with electric stabs of a DSL modem gone haywire.

Welcome to a snapshot of the Mutek festivities, a five-day celebration of electronic music discovery and audiovisual art installations, which just wrapped its 16th year on Sunday.

While EDM has become the hottest genre in the last few years and has only begun to crack the mainstream, Mutek has been exploring the business of techno music for more

than a decade.

Techno acts like Berlin's Lucy and abstract visuals of Robin Fox and Atom™ stole last Thursday night's shows using a combination of drones, synths and moving tones to induce personal catharsis.

Friday night at the Metropolis is dominated by thundering mechanical techno with live performances from Berlin's Berghain super-club resident, Steffi.

"It's rare that something is

a mixture of different venues."

Mutek is an unofficial kickoff to Montreal's festival season, attracting electronic music pilgrims from as far as Europe and the U.S. The on-vacation attitude dominates as fans dress to feel as comfortable and colourful as they wish.

Mutek is very much an urban festival in that attendees travel between well-kept venues like the Metropolis, a converted movie theatre

early Saturday evening as part of the A/VISIONS series.

"The mixture of venues makes it really interesting. You're not bouncing around stages — you have big variety and a unique look to every venue," said DJ Tejada, who often feels the grind of the jet-set life as a touring performer.

"You're not waiting an hour for a port-a-potty or drink tickets. It's civilized. I feel like I'm on vacation."

If you don't recognize any of the names of the artists, that's OK.

Music discovery is a part of the Mutek mission said Montreal's Juno-nominated Poirier who has performed a handful of times since 2002 under his name as well as his other project, Boundary.

"Even for me, there's always stuff I don't know," he said. "My friend was complaining that there were no big names he recognized, but I told him, 'This isn't about names, this is about discovering new music.'"

"People trust the festival, they are excited and understand the privilege to be able to see new acts, or ones they've never heard of."

My friend was complaining that there were no big names he recognized, but I told him, 'This isn't about names, this is about discovering new music.'

Poirier aka Boundary, Montreal DJ/producer

curated this way," said John Tejada, L.A.-based 20-year veteran techno DJ, producer and what you call a seasoned "gear head" in music production circles.

"Mostly at festivals you get a field or sandy areas and different stages. There's not many even in Europe where things are so overhyped and you have

turned music venue or the two story Musée d'art contemporain de Montréal (MAC).

The neighbouring Théâtre Maisonneuve in the Place Des Arts was also integral part of this year's Mutek.

Avant-garde composer Tyondai Brazton, who collaborates with Philip Glass, unveiled his HIVE1 performance there



HOT ACTS

One to watch: Patricia

Chicago's Max Ravitz has been producing techno music under various monikers, but this current incarnation has seen his name rise in the global community, thanks in part to his debut EP Body Issues first released on analog tape cassettes.

The Local: Poirier aka Boundary

Juno-nominated Poirier is a product of Montreal, and his fascination with Caribbean and African music has seeped into his experimental reggae and dance-hall interpretations over the past decade.

Global Superstar: Kode9

Kode9's Hyperdub record label defined a whole generation of electronic and early dubstep music, building a fertile playground for bass-obsessed all-stars like Burial, Flying Lotus, Ikonika and Joker.

JESSE SHIP/FOR METRO LIFE



Our social network anxieties

FRIENDSHIP

Building a new circle of friends takes time and focus

URBAN ETIQUETTE

Ellen Vanstone



Dear Ellen,
I just moved to town and I am attending a new school. I am finding it difficult to make new friends as it is late in the year and everyone has already established their friend groups. How should I go about finding people to hang out with? — Abbey

Dear Abbey,
I feel for you — you're in a tough situation that may not have a quick fix. The good news is that you're blessed with an understanding of human behaviour, which augurs well for great friendships to come. You can see there are tons of potential



After moving to a new town, it's important to evaluate potential friendships before jumping into them. ISTOCK IMAGES

friends right in front of you — but that even nice people are creatures of habit. They find their groove and settle into it, and it might take time to work your way into their established social scene.

In the meantime, make the

situation work for you. As an outsider, you have a unique opportunity to observe the groups and friendships around you. Take this time to figure out who the quality people are and which of them measures up to your level of insight and intel-

ligence. You can also use this time to figure out what you are truly interested in — pursue your interests with a passion and you'll inevitably connect with like-minded souls.

Good luck, and let us know what happens!

To Lisa, who wrote in to say it's difficult to make introductions when you forget the other person's name:

Excellent point. I still cringe at the times I've gotten some people's names totally wrong. If you can't remember the other

person's name, simply cut the conversation short and move on without making any introductions. Alternatively, train your friends to jump in and do it for you — i.e., if you're with one friend and you run into a new person, nudge your friend to introduce themselves as well as ask the new person: "And what's your name?" If all else fails, you can always resort to honesty: "Hey, sorry, I'm having a brain freeze — what's your name again?"

To Lada, who wrote in to ask if you should introduce friends or family passing by in the background while you're on a Skype call:

If your onscreen friend can see other people lurking behind you, and if those people are listening in or distracting either one of you, then yes, it's more polite to introduce them. Even if the background friends/family/roommates are obnoxious busybodies, it's still nicer for your Skype friend to know who they are so that he or she can now ignore them personally.

Need advice? Email Ellen at scene@metronews.ca

Preemptive action

OPINION

Controversial rapper banned over lyrics

SOUND CHECK

Alan Cross



Because I was travelling, I missed the debate on whether rapper Action Bronson should perform a free public show during NXNE in Toronto.

By the time I got home, it was a settled: a

petition against Branson's violent and misogynist lyrics had scuttled the gig.

This whole thing left me unsettled and confused. While I understand all the objections to the things Branson raps about, I was also annoyed at the censorship side of it all. Is this an example of mob rule? Or did the public rise up and demand that decency be protected in a public space?

So I did what I always do when I wander into the weeds in these sorts of debates: I asked my wife. I can always trust her to tell me when I'm being an idiot — and because her second favourite f-word is "feminist."

"Should Action Bronson be allowed to perform at NXNE?" I ask.

She shrugged. "Sure. Why not?"

"But his lyrics!" I sputtered. "They're vile and awful."

They just feed into the misogyny women have to deal with every day and the notion of rape culture. Shouldn't there be a line drawn somewhere?"

"People are missing the point," she said. "The real issue

here is the venue. Yonge-Dundas Square, a publicly funded space that has specific policies in place and has a right to exercise them. This isn't a pure free speech issue. We'd probably have the same conversation if Eminem, Marilyn Manson or any other controversial performer were booked into the square.

"But if Action Bronson were being banned from performing anywhere at NXNE, THAT would be a problem. But if he's got a gig inside a private venue that has its own policies and standards — well, fill yer boots. And if someone hears something they consider hate speech, they're free to make a complaint."

She continued. "Here's the problem. AB was banned because of something he might have performed — even though he hasn't performed the material at the heart of this controversy on this tour. It was a pre-emptive strike against someone many people hate."

"Now consider this. If you can shut down Action Bronson for the things he might say about women, couldn't you shut down a theoretical YDS performance by Amy Schumer for any offensive things she might say about men?"

Wise woman, my wife.



Sally Anne Domestic Medium Hair

Sally Anne is a pretty 12-year-old senior who was found by a kind soul hiding frightened and alone under their car. This gentle sweetheart is affectionate and happy, approaching visitors with a steady purr ready to be pampered. While she is still playful, she will likely be content to do lots of snoozing in a sunny spot between cuddling sessions. Adopting a senior cat is a truly rewarding experience and Sally Anne has lots of love to share with whoever takes her home. **If you have a place in your heart and home, please visit Sally Anne today.**



For more information on Sally Anne and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Bruce Jenner debuts new identity as Caitlyn

COMING OUT

Jenner unveils new identity on July cover of Vanity Fair

Bruce Jenner's transition is complete.

"Call me Caitlyn," declares a headline on the July cover of Vanity Fair, with a photo of a long-haired Jenner in a strapless corset, legs crossed, sitting on a stool. The image was shot by famed celeb photographer Annie Leibovitz. Inside, more images depict Caitlyn in gold lame, a black bustier and a cleavage-baring, off-the-shoulder gown.

Caitlyn Jenner also debuted a new Twitter account with:

“

Caitlyn doesn't have any secrets ... I'm free.

Bruce Jenner

"I'm so happy after such a long struggle to be living my true self. Welcome to the world Caitlyn. Can't wait for you to get to know her/me." In about three hours, the account had more than 860,000 followers.

According to the magazine, which took to Twitter with the cover Monday, Jenner spoke emotionally about her gender journey: "If I was lying on my deathbed and I had kept this secret and never ever did anything about it, I would be lying there saying, 'You just blew your entire life.'"

The cover photo was shot

at Jenner's Malibu, California, home and comes on the heels of her two-hour ABC interview with Diane Sawyer in which Bruce Jenner confirmed the transition. The much-anticipated 20/20 interview on April 24 was watched by more than 17.1 million viewers.

Prior to the unveiling of Caitlyn, Jenner had said he preferred the pronoun "he," but Vanity Fair contributing editor Buzz Bissinger, who wrote the story, refers to "she."

The Olympian who married and divorced reality show "momager" Kris Jenner has appeared for years on Keeping Up with the Kardashians.

Jenner's own still-untitled docu-series chronicling her transition is scheduled for the same network, E!, beginning July 26.

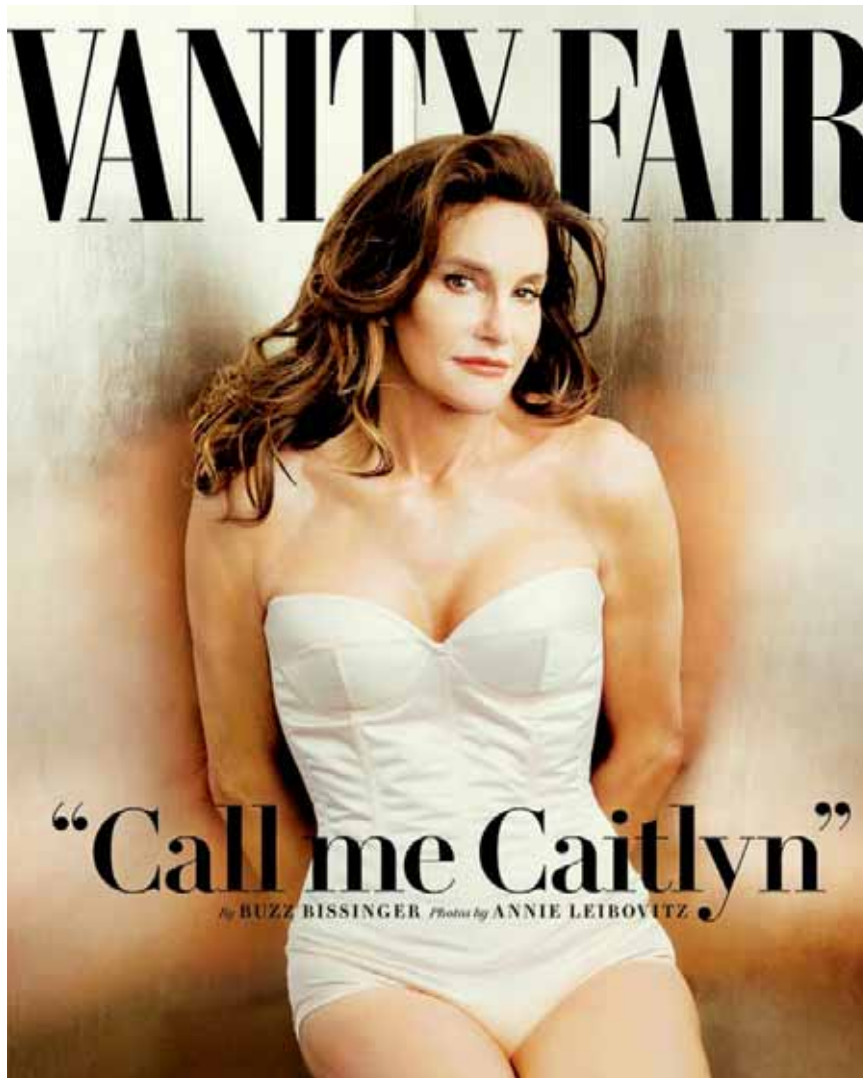
"Caitlyn doesn't have any secrets," Jenner narrates. "As soon as the Vanity Fair cover comes out, I'm free."

Bissinger, the Friday Night Lights Pulitzer Prize winner, said in the lengthy magazine story that he had unfettered access to Jenner, both before her transition and after.

His approach to Jenner's life is exhaustive, based on interviews with several of her biological children, her mother, her former wives and others.

The story describes Jenner's painful recovery from "facial-feminization" surgery in March, a grueling 10-hour procedure that had her briefly second-guessing her decision during a panic attack eased in part with the help of a Los Angeles Gender Center counselor who made a house call.

THE ASSOCIATED PRESS



Bruce Jenner, sporting long hair and a strapless swimsuit, poses for the cover of Vanity Fair's July 2015 issue.

GOSSIP BRIEFS

What's in a Kimye baby name?

Kim Kardashian and Kanye West are having another baby, and it's only partially to boost ratings for Keeping up with the Kardashians. Now, of course, comes the tough part: predicting the baby's name. Obviously the smart money is on South (if it's a boy) or Mid (if it's a girl), but I thought I'd offer up some alternative ideas for what to dub Baby No. 2 by firing up the old Random Baby Name Generator one more time:

- East Meets
- Kim Jr.
- Selfie
- The Other North
- Hillary Rodham
- Baby™

NED EHRBAR/METRO



Kim and her daughter North West. GETTY IMAGES

Mad Max Barbie doll hits eBay

There's enough time before the holiday shopping season for Mattel to seize on this idea, but if you want a Barbie doll version of Imperator Furiosa — Charlize Theron's badass Mad Max: Fury Road character — there's only one place to go: eBay. There's only one doll in existence — currently being auctioned off by the artist who crafted it — and oh man, is it a cool-looking toy! So, as they say, how much would you pay? Bidding closes Friday, so think fast. NED EHRBAR/METRO



A hand-crafted doll version of Imperator Furiosa. GETTY IMAGES

CELEBRITY FAMILY

Clooneys ready to start new family

George Clooney finally — finally! — addressed that whole babies question that's been plaguing him at just about every stop on his Tomorrowland press tour. And the verdict? He and new bride Amal Clooney are totally up for kids. Eventually. German newspaper Bild finally got him to talk — asking quite

directly if he and Amal were interested in starting a family.

"Yes, but we're taking our time," George responded.

Not to put too fine a point on it, but maybe if old George had offered up this revelation prior to the film's release, Tomorrowland might've done better. NED EHRBAR/METRO



PUBLISHING

E.L. James to rewrite best-seller from new perspective

Assuming you're not completely sick of all things Fifty Shades of Grey-related just yet, author E.L. James is eager to keep trying.

James announced that she's releasing a new version of the Twilight-inspired bestseller later this month that retells the story from Christian Grey's point of view. So, American Psycho — but with less murder.

"Christian is a complex character," James says in a statement.

"And readers have always been fascinated by his de-

sires and motivations and his troubled past. Also, as anyone who has ever been in a relationship knows, there are two sides to every story."

We really should have seen this coming, honestly, since Stephenie Meyer did it with Twilight — retelling the story from Edward Cullen's perspective in Midnight Sun — and Fifty Shades of Grey has never shied away from how much it rips off that supernatural romance saga. I can't wait to not read it.

NED EHRBAR/METRO



Black is golden once more

GYMNASTICS

Haligonian wins her third straight national title



Kristen Lipscombe
Metro | Halifax

First, second and third times have all been charms for Halifax gymnast Ellie Black.

Black, 19, won her third straight all-around senior title at the Canadian Artistic Gymnastic Championships over the weekend in Quebec.

Her most recent accomplishment marks another step forward on her road toward hopefully joining Team Canada at next month's 2015 Pan Am Games in Toronto and potentially at the 2016 Summer Olympics in Rio de Janeiro.

"I was really pleased with (my) performance at nationals," Black told Metro on Monday, shortly after returning home following the four-day event held in Gatineau.

"The first day was a little bit rough on beam for me, but that's part of it — it happens sometimes," she said. "You just have to pick up and keep going."

Black ranked third after the qualification round, but came back to place first on the beam, second on both the floor and uneven bars, and third on the vault to score a total of 57.950 points, edging out silver medalist Isabela Onyshko of Minnedosa, Man., who finished with 57.550 points.

Rose-Kaying Woo of La Prairie, Que., who was leading the pack after qualification, snagged the bronze medal with 55.00 points



Ellie Black of Halifax competes at the 2014 Commonwealth Games last summer in Glasgow where she won gold on the beam, finished fourth all-around and fifth with Canada in team competition. GETTY IMAGES

in the field of 16 finalists.

"This one was definitely such a great competition," Black said of her third straight national championship title. "Just because the top girls I was competing against have definitely gotten a lot better."

Black said the top talent on the podium this past weekend in Quebec is "an incredible thing" for the Canadian contingent that will compete at the Toronto 2015 Pan Am Games, which run July 10 to 26, as well as the qualifying team for next summer's



Ellie rose to the occasion ... when it was really important and I'm hoping we're going to see that again in the major upcoming events.

National women's gymnastics team director Dave Brubaker

Olympics. Black expects to find out whether she has made the Pan Am cut on home soil this coming week. "We'll be finding out soon," she said.

"I'm really looking forward to the team competition," Black

said of likely heading to Toronto soon. "I love the team aspect of it. Your teammates are always there to support you and cheer you on."

"As well, I hope to compete in the all-around, and hopefully

make a couple of event finals," she said.

On the men's side at gymnastics nationals, Jackson Payne of Edmonton won all-around bragging rights, as well as the gold medal on parallel bars.

Results at the national championship are expected to be key in selecting Canada's teams not only for Toronto 2015, but also for world championships this fall.

"I'll be back in the gym tomorrow," Black said. "You've just got to work hard."

IN BRIEF

Report pegs FIFA's Valcke at centre of \$10M bribe

A report says the high-ranking FIFA official who allegedly made a \$10-million payment central to a U.S. probe into soccer corruption is believed to be Sepp Blatter's right-hand man, Jerome Valcke.

The New York Times reported late Monday that American law enforcement officials believe Valcke, FIFA's secretary general, transferred the money in 2008 to accounts controlled by Jack Warner, the former CONCACAF president and FIFA vice-president who faces corruption charges in the U.S.

American investigators believe the money was paid as a bribe in exchange for Warner and others voting to give the 2010 World Cup to South Africa.

THE ASSOCIATED PRESS

Hammel, Cubs sink Marlins

Jason Hammel had a career-high 11 strikeouts in 6-2/3 innings, and the Chicago Cubs beat the Miami Marlins 5-1 Monday night.

With his start pushed back because of a cracked fingernail and a rainout, Hammel (4-2) pitched for the first time in eight days, and allowed one run, four hits and no walks.

THE ASSOCIATED PRESS

Raptors, Wiggins to tour Canada during pre-season

The Toronto Raptors will get an early look at Canadian star Andrew Wiggins before the upcoming NBA season.

Wiggins and the Minnesota Timberwolves play

twice in the four-game pre-season series, including a meeting with the Raptors in Ottawa on Oct. 14.

The Timberwolves will also face the Chicago Bulls in Winnipeg on Oct. 10.

The other games have Toronto facing the Los Angeles Clippers in Vancouver on Oct. 4 and the Raptors playing Washington Oct. 23 in Montreal.

THE CANADIAN PRESS



Geoff Harris CONTRIBUTED

AILEEN MEAGHER CLASSIC

Inclement weather is forecast for track meet

While lightning speed is expected on the track, flashes of the real deal aren't wanted in Halifax's skies Tuesday evening at the 2015 Aileen Meagher International Track Classic.

The 21st annual event will be slated to start at 6 p.m. Tuesday on the Saint Mary's University campus, but meet director Kevin Heisler said it could

be cancelled if thunder and lightning make an appearance.

"I'm looking forward to some good performances by the athletes, despite the weather," Heisler, also the head coach of cross-country and track for the Saint Mary's Huskies, said Monday. "We have some excellent athletes here. We have 13 Olympians from 12 different

countries."

That includes two Olympians from Nova Scotia hitting the Huskies Stadium track. Geoff Harris of Halifax will be running 800 metres, while Jenna Martin-Evans of Bridgewater is competing in the 400-metre dash.

"We have 12 events that are very, very competitive, with

athletes competing for \$12,000 in prize money," Heisler said.

But there is more than money on the line for runners.

The Aileen Meagher International Track Classic is also the second of five stops in the National Track League, and is a qualifying event for the 2015 Pan Am Games next month in Toronto. KRISTEN LIPSCOMBE/METRO



Andrew Wiggins
GETTY IMAGES

Keith's 'kind of a freak'

STANLEY CUP FINAL

Blackhawks piling ice time on star defenceman

Duncan Keith says he's not tired.

As much as he's playing in the playoffs, it's possible to get tired just watching him.

The Chicago Blackhawks' top defenceman has skated over an hour more than the next closest player for a total of 537 minutes through the first three rounds. If Keith keeps playing 31:36 a game, he'll have the highest average ice time since the NHL and the Elias Sports Bureau began keeping track in 1998.

Keith is on pace to play more than 600 minutes this post-season, a feat that has been accomplished only 31 previous times since 1998 and twice already by him. A third would put him ahead of elite company that includes Chris Pronger and Scott Niedermayer.

"He's kind of a freak as far as his metabolism and conditioning level," coach Joel Quenneville said during the Western Conference final. "Just certain guys genetically, aerobically, anaerobically, they can sustain it."

That's a common theme for minute-munching defencemen who have taken on a heavy bu-

rden on the way to the Cup final.

"I think that you get used to it," said Derian Hatcher, who averaged almost 28 minutes a game for the Dallas Stars in 2000. "I think when you're used to it and when you're conditioned to it, it's not a big deal at all. You kind of expect it."

Part of the expectation is on Keith, given the Blackhawks' lack of reliable depth on defence. Quenneville leans heavily on the 31-year-old Norris Trophy winner, Niklas Hjalmarsson (26:34 a game), Brent Seabrook (26:21) and Johnny Oduya (25:23).

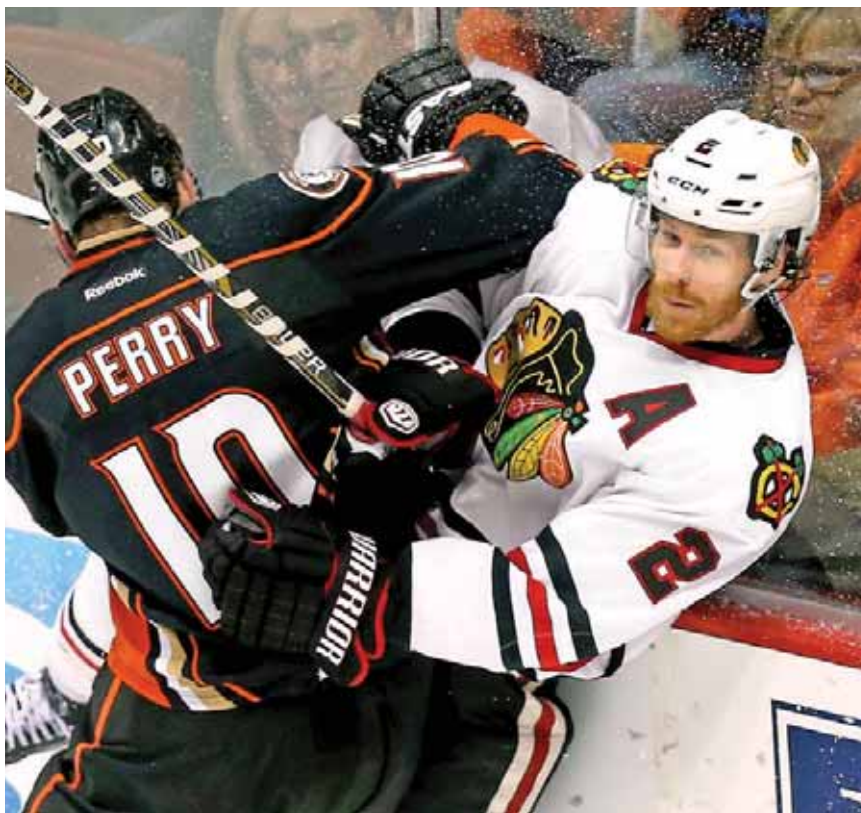
After beating the Anaheim Ducks in Game 7 of the West final, Keith said he didn't think any player was tired this time of year. The excitement of facing the Tampa Bay Lightning in the Stanley Cup final is enough energy for the Blackhawks' Energizer Bunny.

If Keith continues playing more than 31 minutes a game, he'll approach or surpass Nicklas Lidstrom's average ice time of 31:10 from the Detroit Red Wings' 2002 Cup run. If the series goes seven games and he keeps this up, he'll pass Los Angeles Kings defenceman Drew Doughty's total ice time of 747:33 from last year.

"Keith is a guy who knows how to manage his minutes well," said Lightning defence-

537

The amount of time in minutes Keith has played through three rounds in the playoffs



Blackhawks blue-liner Duncan Keith absorbs a hit from Ducks forward Corey Perry on Saturday night during Game 7 of the Western Conference final in Anaheim. STEPHEN DUNN/GETTY IMAGES

man Matt Carle, who averaged 25 minutes a night for the 2010 Philadelphia Flyers. "You watch him play, he skates pretty effortlessly. But I've got to think it's been taking a toll on his body."

THE CANADIAN PRESS



I'm sure we're going to try to make him work as much as possible and try to tire him out as much as we can.

Lightning defenceman Matt Carle

+ WHO'S NEXT?

Lightning's playoff path has them ready for 'Hawks

The Tampa Bay Lightning were constantly reminded this post-season of what they hadn't done.

This version of the Lightning hadn't won a playoff game, let alone a series, knew nothing about Game 7 pressure and ventured into uncharted territory in the conference final.

Along the way, the young Lightning became the first team since 1998 to reach the Stanley Cup final after being swept the previous year and the first in NHL history to defeat three Original Six teams to get to this point. After already knocking off the Detroit Red Wings, Montreal Canadiens and New York Rangers, they can add another if they beat the Chicago Blackhawks and raise the Cup.

More than history, though, the Lightning picked up valuable lessons over the first three rounds that make them more prepared to take on Chicago, which Steven Stamkos called "the ultimate beast."

"This is the biggest challenge yet," Stamkos said Monday after practice at Amalie Arena. "You grow as a team throughout each round, you learn a lot about this group, the adversities we've had to overcome, the great players that we've played along the way and have overcome." THE CANADIAN PRESS

Conn Smythe Trophy front-runners

A year ago "Mr. Game 7" Justin Williams recorded two goals and five assists in the Stanley Cup final to earn the Conn Smythe Trophy as playoff MVP. A handful of players could emerge from the pack to do the same this year. Here is a look some of the candidates with odds from online betting site Bodog.

THE CANADIAN PRESS

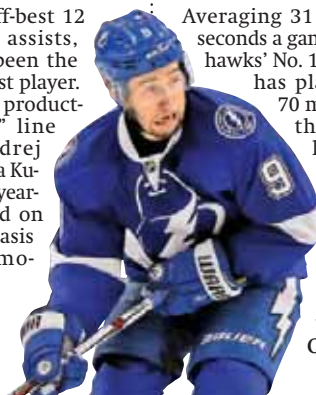
1 TYLER JOHNSON

With a playoff-best 12 goals and 21 assists, Johnson has been the Lightning's best player. Centre of the productive "Triplets" line between Ondrej Palat and Nikita Kucherov, the 24-year-old has scored on a consistent basis and in big moments.

Odds: 4-1

Tyler Johnson

MIKE CARLSON/
GETTY IMAGES



2 DUNCAN KEITH

Averaging 31 minutes 35 seconds a game, the Blackhawks' No. 1 defenceman has played almost 70 more minutes than the next highest player in the playoffs. He's also far and away the top blue-line scorer with 18 points.

Odds: 5-1

3 PATRICK KANE

The 2013 Conn Smythe Trophy winner had seven points in Chicago's Western Conference final against the Anaheim Ducks, including three assists in Game 7. With 111 points in 110 NHL post-season games, Kane is primed for more in the Cup final.

Odds: 9-2



4 JONATHAN TOEWS

Toews became the first player in Stanley Cup playoff history to have multiple goals in Games 5 and 7 on the road in the same series, and the 2010 Conn Smythe Trophy winner brings his best in big spots.

Toews makes the Blackhawks go. Odds: 7-2

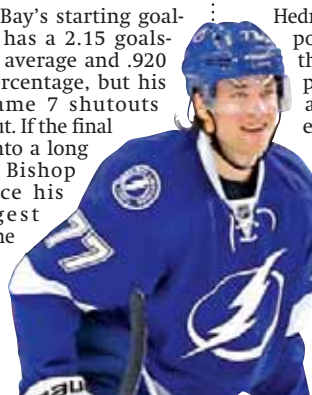
Jonathan Toews

JONATHAN DANIEL/
GETTY IMAGES

5 BEN BISHOP

Tampa Bay's starting goaltender has a 2.15 goals-against average and .920 save percentage, but his two Game 7 shutouts stand out. If the final turns into a long series, Bishop will face his strongest test of the playoffs and have to pass it.

Odds: 5-1



6 VICTOR HEDMAN

Hedman's numbers don't pop off the page, but the big defenceman's play has improved as the playoffs have evolved. The Lightning don't need him to be a 30-minute man, but his 23 a game are some of the best in hockey right now.

Odds: 35-1

Victor Hedman

MIKE CARLSON/
GETTY IMAGES

RECIPE Avocado and Chicken Wonton Bites**EAT LIGHT AT HOME****Rose Reisman**

roreisman.com

@rosereisman



These avocado-filled wontons are perfect for a healthy teaser before the main. Recipe makes 12.

Ready in

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 12 small wonton or egg roll wrappers
- 1 avocado
- 3 Tbsp lemon or lime juice
- 2 Tbsp chopped cilantro
- 1 Tbsp low fat mayonnaise
- 1 garlic clove
- ¼ tsp cumin powder
- 3 Tbsp finely diced red onion
- 1 cup finely diced, cooked chicken breast
- ¼ cup diced tomato

- ½ cup shredded white cheddar or Monterey Jack cheese

Directions

1. Preheat oven to 375. Spray mini cup muffin tin with vegetable oil. Place wonton wrappers in each cup, spray with vegetable oil and bake for 10 minutes or just until lightly browned and crisp.
2. In bowl of a small food processor, purée avocado, juice, cilantro, mayonnaise, garlic and cumin until smooth.
3. Add in onion, chicken and tomato. Spoon into wonton shells and sprinkle with cheese.

Nutrition per serving

- Calories 81
- Carbohydrates 7.0 g
- Protein 5.8 g
- Fat 3.6 g
- Cholesterol 12 mg
- Sodium 84 mg

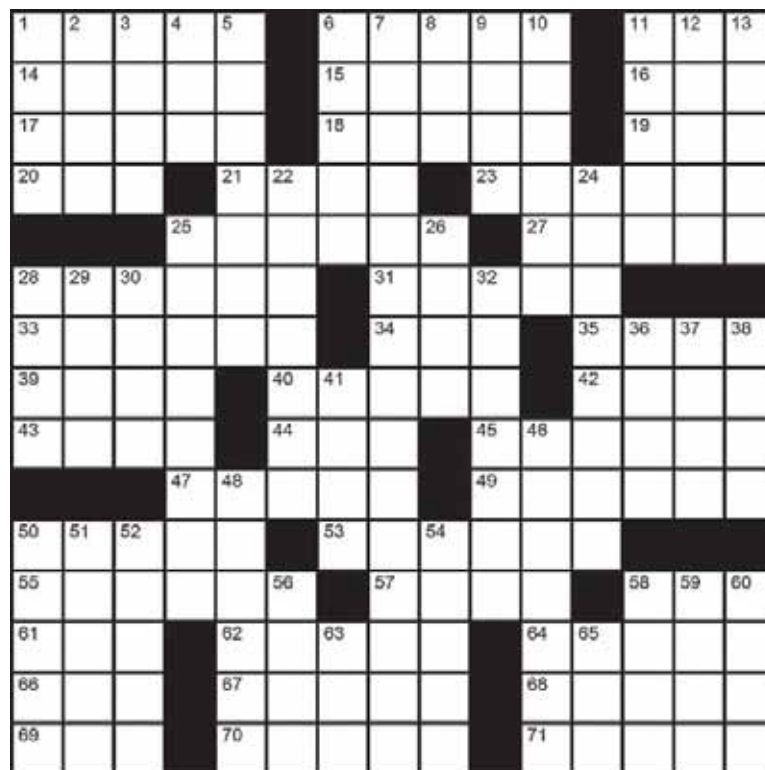
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Zacharias __, Inuk director of "Atanarjuat: The Fast Runner" (2001)
6. Expect
11. Concealed
14. Cartoon style of Japan
15. Piquant
16. "Ghost" (1990) role, __ Mae Brown
17. Parish clergyman
18. "Coffee, __ milk?"
19. NBA-er, Jeremy __
20. "Greetings!" in ancient Rome
21. Biblical heirs, with The
23. Vancouver-set series of 2005 to 2008, " __ Arms"
25. Ms. DeWitt's of "Three's Company"
27. "The __ Professor" (1996)
28. Indirectly refer to
31. Kind of orange
33. Earth's third biggest island
34. 1901 Irving Bachelier book, __ and I
35. Fast food titan Ray
39. Coalition
40. Pickpocket trainer in "Oliver!" (1968)
42. Uncovered
43. Rave's partner
44. Actress Charlotte
45. Fix untidiness
47. The Who's " __ Explain"
49. Tatterly toggled:



2 wds.

50. Variety of pear

53. " __ Fool" by The

Guess Who

55. Senator for California

Ms. Feinstein

57. Stirfry pans

58. Big noise

61. Inc., in England

62. Bird-related

64. Cad

66. Wrath

67. Change hair

hue again

68. Call forth

69. __ & Breakfast

70. Smeltery waste

71. Speak, archaically

DOWN

1. Polynesian drink

2. Montreal's McGill, e.g.

3. Gracious

4. Ms. Thurman

5. __ Bear (Name by which British Columbia's provincial mammal the Spirit Bear

is also known)

6. Empire of Mexico

7. Jaunts for just-a-few-days-off workers: 2 wds.

8. Cool cucumber link: 2 wds.

9. "Use __ lose..."

10. Actor, __ Power

(b.1914 - d.1958)

11. "The Planets" composer Gustav

12. __ box (Television)

13. Mr. DeVito

22. Protective daughter of ancient Egypt's sun god: 3 wds.

24. Canadian food retailer since 1982: 2 wds.

25. Haines __ (Yukon village)

26. Wrapped garment

28. Shortened word, for short

29. Kinks hit

30. Dianetics guru, __ Hubbard

32. Suzie __

Saskatoon-born Blues singer

36. __-tat-tat

37. Beaver State [abbr.]

38. Millennium divs.

41. __ E ("Bates Motel" network, spelled-out)

46. Exiles to Elba, for instance

48. Ocean liner company since 1840

50. Improvise

51. Gunpowder component

52. Weary

54. Canonical hour

56. At all

58. Marker on the water

59. Requests

60. Convene

63. Nuptials vow: 2 wds.

65. Lab eggs

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't force yourself to do something you don't enjoy today as it's unlikely you'll do a good job of it. Save your time and energy for something you want to do, even if you have to wait until the end of the week.

Taurus April 21 - May 21
You are never afraid to try something new but the full moon in wayward Sagittarius warns you to be a bit more cautious over the next few days. Take a risk if you must, but make it a calculated one.

Gemini May 22 - June 21
If you find yourself backed into a corner today you will have to talk your way out of trouble. If you sound sincere, even your rivals and enemies will find it hard to criticize you.

Cancer June 22 - July 23
If you expect things to go wrong today they most likely will. However, if you expect things to go right, even the most difficult situations could go your way. It's not magic, it's your mind creating your world.

Leo July 24 - Aug. 23
Most likely you will be praised to the skies today. Wherever you go, whatever you do: you'll hear only good things about yourself. Should you be suspicious? Yes, never trust anyone under the light of a full moon!

Virgo Aug. 24 - Sept. 23
Your best course of action today is to sit on the sidelines and refuse to get involved, no matter what disputes may be taking place. They are too complex for even a Virgo. Let others sort them out for a change.

Libra Sept. 24 - Oct. 23
Don't let anyone speak on your behalf today. They will most likely say things that could cause trouble. The more controversial your opinions the more you will need to explain them yourself.

Scorpio Oct. 24 - Nov. 22
Today's full moon suggests you won't be thinking straight or feeling straight, so watch out. Above all, don't take risks with money — you'll lose out!

Sagittarius Nov. 23 - Dec. 21
You believe that nothing can harm you, that you can push your luck to the limit and get away with it. Your self-belief is admirable but reality could make a large dent in your confidence. The full moon in your sign warns against taking risks.

Capricorn Dec. 22 - Jan. 20
There may be a dozen and one things you are worrying about at the moment but none of them are important. Compared to most people your existence is charmed. There is simply no need for negativity.

Aquarius Jan. 21 - Feb. 19
Focus on the big picture over the next 24 hours and don't let little things annoy you. No matter what goes wrong, in the greater scheme of things everything is progressing exactly as it should.

Pisces Feb. 20 - March 20
Today's full moon warns this is not a good time to take risks or liberties, especially on the work front. Something unexpected is likely to occur, be ready to adapt to whatever new power structure may arise.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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